



## Community Services

Falkirk Council has been offering outdoor activities for over 14 years, giving everyone the opportunity to experience the outdoors in a safe and exciting way. At the Outdoor Base we are able to offer a wide range of activities for all ages and abilities. Whatever your sport and level of interest we can offer a day to remember.

### **Before joining us on activity please.....**

- Provide us with current medical and emergency contact details (downloaded from our internet page or picked up at the base)
- Check equipment list (also available over the internet)
- Ensure full course fee has been paid

### **Equipment**

If you're worried about having to shell out for lots of expensive new equipment in order to join us - don't panic! Our stores have a wide range of equipment available for most shapes and sizes and hire is included in all course prices.

### **Course Fees**

All our course fees are dependant upon activities and staffing requirements. Details of prices can be found alongside our list of course dates. Payment can be made by cash or cheque, payable to Falkirk Council.

**To see our full bookings and cancellation policy please visit**  
[www.falkirk.gov.uk/outdooractivities](http://www.falkirk.gov.uk/outdooractivities)



## The Programme

All our courses start at the stated times leaving from the Outdoor Base Victoria Buildings.  
 Our day courses finish between 17.00 and 18.00 (Except mountain courses which finish late)



## April

Date	Activity
26/04/10 @ 09.00	<p style="text-align: center;"><u>L2 Kayak</u></p> <p style="text-align: center;">Venue: <b>TBC</b> <span style="float: right;">Cost: <b>£20</b></span></p> <p>Coaching days for anyone from absolute beginners to keen paddlers wanting to progress their skills. This is a flat-water course. Paddlepower and BCU Star Awards are available for those clients wishing to pursue proficiency awards.</p> <p style="text-align: center;"><i>No prior experience is required</i></p>
28/04/10 @09.00	<p style="text-align: center;"><u>L2 Climb / Crag day</u></p> <p style="text-align: center;">Venue: <b>TBC</b> <span style="float: right;">Cost: <b>£20</b></span></p> <p>This is a day at a single pitch crag aimed at all levels of climber. If you're starting out or just wanting to go for a climb this is the day for you. Tuition will be available for beginners and top/bottom ropes set for those just wanting to climb.</p>

## May

Date	Activity
02/05/10 @ 08.00	<p style="text-align: center;"><u>High Tops</u></p> <p style="text-align: center;">Carn Gorm, Meall Garbh, Carn Mairg &amp; Meall nan Aighean <span style="float: right;">Cost: <b>£20</b></span></p> <p style="text-align: center;">17.2km + 1330m ascent</p> <p>Four Munros are achieved on this round from Invervar in Glen Lyon. Stalkers paths at the start and end make for pleasant walking and the traverse of the summits doesn't drop below 850 meters.</p>
06/05/10 @ 07.00	<p style="text-align: center;"><u>Multi-Pitch Classic</u></p> <p style="text-align: center;">Venue: <b>TBC</b> <span style="float: right;">Cost: <b>£35</b></span></p> <p>This summer we've decided not to pre-plan specific routes so we have the flexibility to find dry rock. The day will be guided by one of our instructors and will include one of Britain's classic rock routes.</p> <p style="text-align: center;"><i>Previous climbing experience is essential</i></p>
09/05/10 @ 07.00	<p style="text-align: center;"><u>Classic Scramble</u></p> <p style="text-align: center;">Creise (Sron na Creise - Grade 2) <span style="float: right;">Cost: <b>£30</b></span></p> <p>Situated on at the north end of the Blackmount, this scramble is a great way up the hill on sound rock. The views over Rannoch Moor are impressive.</p> <p style="text-align: center;"><i>Previous scrambling experience is desirable</i></p>
10/05/10 @ 09.00	<p style="text-align: center;"><u>River Kayak</u></p> <p style="text-align: center;">Venue: <b>Dependant on water levels</b> <span style="float: right;">Cost: <b>£25</b></span></p> <p>A day trip on one of our local grade 2/3 rivers. A chance to experience white water for the first time or just enjoy a day on the river. Coaching is available for those wanting to progress their ability.</p> <p style="text-align: center;"><i>Previous recent experience is required</i></p>
13/05/10 @ 08.00	<p style="text-align: center;"><u>High Tops</u></p> <p style="text-align: center;">Meall Corranaich &amp; Meall a Choire Leith <span style="float: right;">Cost: <b>£20</b></span></p> <p style="text-align: center;">9.9km + 745m ascent</p> <p>These two Munros sit to the north west of Ben Lawers. A high start from the Lochain na Lairige road will make for a shortish pleasant round, passing one of the many shieling settlements on the return leg.</p>

13/05/10 @ 08.00	<p style="text-align: center;"><u>Ramble</u></p> <p style="text-align: center;">Lawers Visitor Centre to Bridge of Balgie <span style="float: right;">Cost: <b>£15</b></span></p> <p style="text-align: center;">16km + 580m ascent</p> <p><i>(Hill paths and pathless hillside with a section of riverside track)</i></p> <p>Taking advantage of a high start at the NTS visitor centre we ascend through regenerating native woodland to the bealach Coire Odhar. From this high point we follow the Allt A' chobhair past deserted townships and shielings to Glen Lyon where we follow the river Lyon upstream to Bridge of Balgie.</p>
20-23 /05/09	<p style="text-align: center;"><u>Skye</u></p> <p style="text-align: center;">Cost: <b>£135</b> Multi-Pitch Climbing additional <b>£10</b> per day Sat or Sun (Please state when booking which day/days you wish to climb)</p> <p style="text-align: center;"><b>Multi-pitch climbing, scrambling and Munro bagging (Hostel based)</b></p> <p>Our annual long weekend trip the misty isle will be based at Broadford again. This year we are keeping our options open. For the climbers in the party there will be a chance to climb some of the Cuillin Classics in Coire Laggan or visit Kilt Rock or Elgol for esoteric sea cliff climbing. For the scramblers there could be a traverse of the Garbh-bheinn, Clach Glas, Blaven ridge or other interesting routes to the tops. If you just want to get a Munro or two done we can oblige as well.</p> <p style="text-align: center;"><i>Due to the nature of the hills on Skye participants must have previous climbing/scrambling experience</i></p>
26/05/10 @18.30	<p style="text-align: center;"><u>Eve Clinic – Ropework for climbers</u></p> <p style="text-align: center;">Venue: <b>Outdoor Base</b> (based indoors) <span style="float: right;">Cost: <b>£10</b></span></p> <p>This evening clinic will be run in the comfort of our outdoor base. If you want to learn or practice any rope system before heading for the crags, then this evening is here to help.</p>
27/05/10 @ 09.00	<p style="text-align: center;"><u>L2 Climb / Crag day</u></p> <p style="text-align: center;">Venue: <b>TBC</b> <span style="float: right;">Cost: <b>£20</b></span></p> <p>This is a day at a single pitch crag aimed at all levels of climber. If you're starting out or just wanting to go for a climb this is the day for you. Tuition will be available for beginners and top/bottom ropes set for those just wanting to climb.</p>
27/05/10 @ 09.00	<p style="text-align: center;"><u>L2 Lead Climb</u></p> <p style="text-align: center;">Venue: <b>TBC</b> <span style="float: right;">Cost: <b>£35</b></span></p> <p>A day to push your lead climbing grade or to learn to lead for the first time. The day will be at a single pitch crag with low ratios for maximum input.</p>
28/05/10 @ 09.00	<p style="text-align: center;"><u>Navigation 1</u></p> <p style="text-align: center;">Venue: <b>Victoria Buildings</b> <span style="float: right;">Cost: <b>£25</b></span></p> <p>Our intro to navigation course will start the day at our base at Victoria buildings. We will cover the basics indoors before heading out to put things into practice on the hill.</p>
30/05/10 @ 09.00	<p style="text-align: center;"><u>River Kayak</u></p> <p style="text-align: center;">Venue: <b>Dependant on water levels</b> <span style="float: right;">Cost: <b>£25</b></span></p> <p>A day trip on one of our local grade 2/3 rivers. A chance to experience white water for the first time or just enjoy a day on the river. Coaching is available on the day for those wanting to progress their ability</p> <p style="text-align: center;"><i>Previous recent experience is required</i></p>



## July

Date	Activity
01/07/10 @ 07.00	<p style="text-align: center;"><b>Multi-Pitch Classic</b></p> <p>Venue: <b>TBC</b> Cost: <b>£35</b></p> <p>This summer we've decided not to pre-plan specific routes so we have the flexibility to find dry rock. The day will be guided by one of our instructors and will include one of Britain's classic rock routes.</p> <p style="text-align: center;"><i>Previous climbing experience is essential</i></p>
02/07/10 @ 07.00	<p style="text-align: center;"><b>Classic Scramble</b></p> <p><b>Pygmy Ridge &amp; Afterthought Arête</b> (Grade Moderate) Cost: <b>£30</b></p> <p>A classic Raeburn route in Coire an t-Sneachda. This is a nice way up to the plateau on sound granite, from where we descend to Stag Rocks in the Loch Avon Basin to climb Afterthought Arête, which is a bit longer but the same grade.</p> <p style="text-align: center;"><i>Previous scrambling experience is essential</i></p>
08/07/10 @ 08.00	<p style="text-align: center;"><b>High Tops</b></p> <p><b>Stob Coire Sgriodain &amp; Chno Dearg</b> Cost: <b>£20</b></p> <p style="text-align: center;">13.4km + 960m ascent</p> <p>Two Munros accessed from Fersit off the A86. Ascent will be by Sron a Garbh-bheinne then onto the first Munro where a high bealach leads to Chno Dearg. There are great views to Lochaber over Loch Treig if the tops are clear.</p>
11/07/10 @ 09.00	<p style="text-align: center;"><b>River Kayak</b></p> <p>Venue: <b>Dependant on water levels</b> Cost: <b>£25</b></p> <p>A day trip on one of our local grade 2/3 rivers. A chance to experience white water for the first time or just enjoy a day on the river. Coaching is available for those wanting to progress their ability.</p> <p style="text-align: center;"><i>Previous recent experience is required</i></p>
12 – 14 /07/10  Depart: 7.00 Return: late	<p style="text-align: center;"><b>Rock Climbing Trip</b></p> <p>Venue: <b>TBC</b> Cost: <b>£125</b></p> <p>This year's Multi-pitch climbing trip is heading to the sun (as long as the sun is no further than North Wales!). The two nights will be camping-based, probably at an official site. Possible venues are North Wales, The Lakes or the North West Highlands. The trip will be three days of climbing classic rock routes with 1:2 ratios.</p> <p style="text-align: center;"><i>Previous climbing experience is essential</i></p>
19/07/10 @ 09.00	<p style="text-align: center;"><b>L2 Kayak</b></p> <p>Venue: <b>TBC</b> Cost: <b>£20</b></p> <p>Coaching days for anyone from absolute beginners to keen paddlers wanting to progress their skills. This is a flat-water course. Paddlepower and BCU Star Awards are available for those clients wishing to pursue proficiency awards.</p> <p style="text-align: center;"><i>No prior experience is required.</i></p>
24/07/10 @ 08.00	<p style="text-align: center;"><b>High Tops</b></p> <p><b>Beinn Eibhinn, Aonach Beag &amp; Geal-charn (Bike access)</b> Cost: <b>£20</b></p> <p style="text-align: center;">12km + 175m ascent (bike), 16.2km + 1100m ascent (hill)</p> <p>The high tops north west of Ben Alder contain three Munros linked by an undulating ridge which doesn't dip below the 970 meter contour. Approach will be on bikes from Glen Spean in the north. This is very remote country for the Central Highlands.</p>

29/07/10 @ 07.00	<p style="text-align: center;"><b>Multi-Pitch Classic</b></p> <p>Venue: <b>TBC</b> Cost: <b>£35</b></p> <p>This summer we've decided not to pre-plan specific routes so we have the flexibility to find dry rock. The day will be guided by one of our instructors and will include one of Britain's classic rock routes.</p> <p style="text-align: center;"><i>Previous climbing experience is essential</i></p>
31/07/10 @ 07.00	<p style="text-align: center;"><b>Classic Scramble</b></p> <p><b>Garbh Bheinn</b> (Pinnacle Ridge Grade 2/3) Cost: <b>£30</b></p> <p>This is a real classic. A great ridge on a fantastic mountain with some fine situations. We'll even throw in a boat trip to get there.</p> <p style="text-align: center;"><i>Previous scrambling experience is desirable</i></p>

# Summer 2010



High Tops  
Classic Scrambles  
Multi-pitch Classic climbs  
Rock Climbing  
Mountain Rambles  
Trips  
Navigation Courses  
Learn 2 Kayak  
River Trips  
Canyoning  
Gorge Walking  
Coasteering  
Evening Skills Clinics

To keep up to date with all the latest news at the Outdoor Base, send your email address to [outdooractivities@falkirk.gov.uk](mailto:outdooractivities@falkirk.gov.uk) or look us up on the web [www.falkirk.gov.uk/outdooractivities](http://www.falkirk.gov.uk/outdooractivities)



**Falkirk Council**

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